

**Arlington ISD Food and Nutritional Services**  
**Nutritional Information 2016 -2017**

<b>BREAKFAST ITEMS</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Carb Count (g)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Protein (g)</b>	<b>Dietary Fiber (g)</b>
<b>Blueberry Muffin</b>	1ea	180	30	6	2	3	2
<b>Breakfast Pizza</b>	1 each	160	22	4	1.5	10	2
<b>Breakfast on a Stick</b>	1 each	200	17	10	2.5	7	3
<b>Breakfast Wrap</b>	1 each	155	16	7	3	8	2.5
<b>Cereal</b>							
<i>Cheerios</i>	<i>1 cup</i>	<i>100</i>	<i>20</i>	<i>2</i>	<i>0</i>	<i>3</i>	<i>3</i>
<i>Cocoa Puffs</i>	<i>1 cup</i>	<i>110</i>	<i>25</i>	<i>1.5</i>	<i>0</i>	<i>2</i>	<i>2</i>
<i>Froot Loops</i>	<i>1 cup</i>	<i>110</i>	<i>25</i>	<i>1</i>	<i>0.5</i>	<i>1</i>	<i>3</i>
<i>Cinnamon Toast Crunch</i>	<i>3/4 cup</i>	<i>110</i>	<i>22</i>	<i>3</i>	<i>0.5</i>	<i>1</i>	<i>2</i>
<i>Golden Graham</i>	<i>3/4 cup</i>	<i>110</i>	<i>24</i>	<i>1</i>	<i>0</i>	<i>1</i>	<i>1</i>
<i>Rice Chex</i>	<i>1 cup</i>	<i>100</i>	<i>24</i>	<i>0.5</i>	<i>0</i>	<i>2</i>	<i>1</i>
<i>Rice Chex, Cinnamon</i>	<i>1 cup</i>	<i>100</i>	<i>23</i>	<i>2</i>	<i>0</i>	<i>1</i>	<i>1</i>
<b>Cheese Stick</b>	1 oz	80	1	6	4	7	0
<b>Chix Biscuit (High School Only)</b>	1 sandwich	360	37	17	6	17	3
<i>Breaded Chicken</i>	<i>1 fillet</i>	<i>140</i>	<i>9</i>	<i>7</i>	<i>1</i>	<i>12</i>	<i>1</i>
<i>Breaded WG</i>	<i>1 biscuit</i>	<i>220</i>	<i>28</i>	<i>10</i>	<i>5</i>	<i>5</i>	<i>2</i>
<b>Chocolate Chip Muffin</b>	1ea	190	32	6	2	4	2
<b>Cinnamon Roll</b>	1 each	260	37	10	5	7	5
<b>Dutch Waffle</b>	1 each	300	43	13	3	4	3
<b>Egg &amp; Cheese Biscuit</b>	1 sandwich	290	29	15.5	11	10	4
<i>Egg Patty</i>	<i>1.25oz</i>	<i>45</i>	<i>1</i>	<i>3.5</i>	<i>1</i>	<i>3</i>	<i>0</i>
<i>Sliced American Cheese</i>	<i>1ea</i>	<i>35</i>	<i>1</i>	<i>2</i>	<i>1</i>	<i>3</i>	<i>2</i>
<i>Biscuit</i>	<i>1ea</i>	<i>210</i>	<i>27</i>	<i>10</i>	<i>9</i>	<i>4</i>	<i>2</i>
<b>EggStravaganza</b>	1/4 cup	120	1	9	3.5	8	0
<b>French Toast Sticks</b>	4 sticks	300	42	12	3	6	2
<b>French Toast Sticks, Mini</b>	1 pouch	210	37	5	1.5	4	3
<b>Little Smokies *</b>	3 each	100	1.5	9	3	3.5	0
<b>Mini Maple Waffles</b>	1-pkg	200	35	5	1.5	4	4
<b>Pancakes</b>	2ea	140	28	4	0.3	4	2
<b>Pancakes, Mini</b>	1 pouch	210	35	6	1	4	4
<b>Pop Tart, Strawberry</b>	1 pastry	180	37.5	2	1	2	3
<b>Sausage Patty</b>	1 each	60	0	4	1	6	0
<b>Sausage Roll *</b>	1 each	160	15	7	2	6	1
<b>Scrambled Eggs w/Cheese</b>	1/4 cup	125	3	8.2	3.2	9.5	0
<b>Waffle Sticks</b>	3 each	170	28	5	1	4	4
<b>Waffles, Mini</b>	1 pouch	200	35	5	1.5	4	4
<b>Yogurt, Strawberry Banana</b>	4 oz	45	8	0	0	6	0

\* Foods that Contain Pork

Highlighted = Food Components within Meal Item